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AARON CHATHA/METRO

# Nenshi first integrity file

**UBER RECORDING SCANDAL**

## Mayor's use of 'not-really-nice word' test new commissioner

**Helen Pike**  
Metro | Calgary

Mayor Naheed Nenshi's recent rideshare comments have landed him in the integrity commissioner's office — the first such file to christen Calgary's newly created position.

Why? Because he called those working for Uber "d-s" in a candid conversation with a Transportation Network Company driver in Boston. Nenshi had no idea the conversation was being livestreamed.

Councillors were concerned about the mayor's conversation, as it could reveal confidential tidbits that weren't meant for the public to hear.

Coun. Diane Colley-Urquhart said what the mayor has claimed about the city's operations are a separate matter.

Nenshi said he didn't divulge any in-camera information about the enforcement operation the city may have used.

"It doesn't matter that I didn't know that I was being livestreamed. You should be the same person in private as you are in public," Nenshi told reporters Monday. "I'm sorry about that; that wasn't right. It wasn't fair and it wasn't civil and I'm a better person than that."

He's also gone to the ethics adviser, whom he noted was underwhelmed.

"She was remarkably undisturbed by the entire situation. She said as long as you're candid and honest, the fact that you used a not-really-nice word is really irrelevant," said Nenshi.

Nenshi joked he always knew he'd be the first file for the commissioner — just not like this.

**More coverage, page 8**

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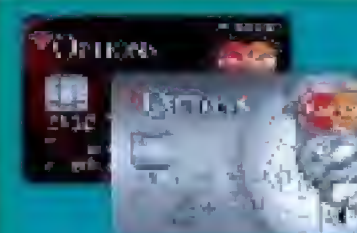


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## City awaits response from Flames on CalgaryNEXT

SPORTS COMPLEX

**Project still on the table, but other options being explored**



**Brodie Thomas**  
Metro | Calgary

Calgary city council isn't slamming the door on the CalgaryNEXT project, but it's now officially looking at other options.

A report from city administration called CalgaryNEXT unfeasible in its current form.

Mayor Naheed Nenshi said the council could've put the final nail in the coffin at Monday's council meeting but chose not to.

"(Councillors) very much want to see if we can solve the problem on the existing CalgaryNEXT site and meet those six guiding principles. It's going to be tough, but I think Calgary Sports and Entertainment should have the chance



City council has left the door open on CalgaryNEXT, which administration has called "unfeasible" in its current form. CONTRIBUTED

to try and address some of the questions and concerns about what happens next."

Council's passed a motion instructing the city to seek a response from Calgary Sports and Entertainment (CSEC), the proponent of the project and owner of the Calgary Flames, Stampeders and Hitmen.

The mayor added that he's not optimistic about CalgaryNEXT in its current form, and that's why council is also ex-

ploring secondary options.

The other options now on the table include putting the arena at Stampede Park, renovating McMahon Stadium, and putting the fieldhouse near the University of Calgary.

"It's not punting the ball farther down the field, but really trying to keep options open if the CalgaryNEXT program proves unfeasible."

Ken King, president of CSEC, said he was thrilled with the

city's engagement on the project.

He said for CalgaryNEXT to go ahead, CSEC needs the creosote to be cleaned up, the West Village be developed, and the fieldhouse be built.

"It would appear that all of those are still germane to this discussion so I'm thrilled," said King.

He said people may be surprised by potential solutions contained in CSEC's response

to the city.

In addition to getting a response from CSEC and exploring other arena options, councillors agreed to keep working with the province on a cleanup solution for creosote in the West Village.

Several councillors noted they were pleased by the projected cost of that cleanup.

"For once, doing a bunch of government analysis led to lower costs," joked the mayor.

COUNCIL

## Provincial tax hike rankles



**Helen Pike**  
Metro | Calgary

Your property tax bill is definitely higher this year — but Calgary city councillors want you to know it's not entirely their fault.

In a strange turn of events at Monday's city council meeting, several members of council voted against the province's education portion of the spring property tax increase, while in the same fell swoop unanimously passing their own increase. Next time you look at the bill, expect a 6.1 per cent increase.

"Usually this debate is just boilerplate," said mayor Naheed Nenshi. "A couple of councillors today chose to make a political statement that they didn't like the province's requisition.... It was a bit odd for the members of council to vote against it knowing we really didn't have a choice."

In particular, councillors are crying foul this year as the province is taking more of the pie than usual from the shared tax, asking for 9.7 per cent more from the city. They could have voted against the increase if they wanted to, but the province still would come knocking for \$785 million dollars.

"I do want to express my incredible frustration at the fact that for the last number of years we have been trying to work very hard at lowering the municipal tax rate," said Coun. Peter Demong. "In the midst of that the province comes down and says no, no that's not how it's going to happen."

**“**  
For once, doing a bunch of government analysis led to lower costs.  
**”**  
Mayor Naheed Nenshi

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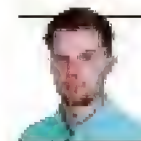


Associate Health Minister Brandy Payne defended the government's plan on Monday, after a doctor said it wasn't addressing the root causes of addiction. THE CANADIAN PRESS

# Drug treatment plan on track: NDP

## ADDICTION

### Clinics will help additional 240 Albertans annually



Jeremy Simes  
For Metro | Calgary

Once rolled out entirely, the government anticipates its three-year plan to open new opioid treatment spaces will help an additional 240 Albertans — annually — seeking methadone and suboxone remedies.

Associate Health Minister Brandy Payne defended the strategy on Monday, after an Alberta doctor claimed the government isn't addressing the root causes of addiction.

Payne said the plan is on schedule, adding one clinic has already opened and further announcements are on the way as the government hammers out final details.

"Working with the communities to make sure we're getting it right is part of what is taking a little bit of time," she said.

"We absolutely hear some of the frustrations ... especially when we see the effects of addictions on families, so that's why we're really moving forward as quickly as we can to improve access to harm reduction treatments."

Paul Lackan, with Calgary's Camp Clinics, also called for more funds for education and early prevention as naloxone and treatment beds only do so much.

The government's plan will expand access to methadone and suboxone — considered ideal treatments for opioid and fentanyl addicts — to at least three Alberta communities.

In March, Fort McMurray opened its first Alberta Health Services opioid treatment site, Payne said, adding the clinic is the first of its kind in Northern Alberta.

She said the plan will help an additional 240 Albertans because

## + RESOURCES

There are currently nine specialty clinics in Alberta providing opioid therapy, two of which are provincially funded. The other seven are operated by physicians.

much space in Calgary and Edmonton will be freed up.

"Currently folks in the North Zone tend to travel to Edmonton or Calgary for Treatment," she said. "So (that's) going to free up some spaces in Calgary and Edmonton."

She said the next site is anticipated to open in Cardston fairly soon, adding the opioid plan is an ongoing process.

"We will bring (the clinics) online as we go," she said. "We're really looking forward to working with our community partners on this. It is part of the approach that we're taking to tackle addictions in our province."

## ARTS

### Micheline Maylor named Poet Laureate

Micheline Maylor has been named Calgary's poet laureate — the second person to hold the title.

The announcement was made Monday during Calgary City Council's regular meeting.

Outgoing laureate Derek Beaulieu was also in attendance to wrap up his two-year term.

Maylor teaches creative writing, poetry, fiction, non-fiction and composition at Mount Royal University where she won the Teaching Excellence Award in 2015. Her poetry has been published in over 85 journals in five countries.

As Calgary Poet Laureate, Maylor will serve as an artistic ambassador for the citizens of Calgary from 2016 – 2018.

A \$10,000 honorarium is paid per year for the position, funded by Calgary Poet Laureate Ambassadors including The Calgary Foundation, the Calgary Chamber and First Calgary Financial.

Maylor's newest collection, *Little Wildheart*, was recently short-listed for the Robert Kroetsch award for experimental poetry. It is due for release in spring 2017.

METRO STAFF

## STUDENT UNION

### Date set in MacEwan Hall suit



Helen Pike  
Metro | Calgary

While the University touts its "sound plan" for managing the school's student centre through a bitter legal battle, the Students' Union is sounding the alarm.

On May 5, the school and SU will duke it out in court to determine how MacEwan Hall will be managed while the current Licence of Occupation, Operating and Management Agreement is void.

In a written statement, the University of Calgary clarified the student centre would remain open and operational, revenues would not be "confiscated" from the SU and they have been given the "option of continuing to occupy its current space in the building."

SU president Levi Nilson said the school will be taking "quite a bit of money" from them.

"It's pretty outrageous, they're taking the money and then they're going to dole it out to us," Levi said. "It's impeding on our own autonomy — which is why we're in this dispute in the first place."



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Micheline Maylor's newest collection of poetry, *Little Wildheart*, is coming in spring 2017. PATRICK MCANEELEY / SUBMITTED



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## IN BRIEF

**Crews put out bus blaze**

Fire crews snuffed a bus blaze early Monday.

At about 3:15 a.m., firefighters responded to 114 Avenue and 66 Street NE to investigate reports of burning school buses.

The crews managed to extinguish all six buses, but they all sustained major damage. There were no reports of injuries. METRO

**City wants panda cash**

The city will be asking the feds to chip in on the \$37.6 million bill to keep two pandas in Calgary.

"It was the federal government who signed the deal with China to bring the pandas, so could you fill us in on their financial contribution to this, since they're the ones who signed the deal?" Nenshi asked administration, rhetorically. "The answer would be zero. Fascinating."

The mayor will be sending the federal government a letter asking for some panda money. METRO

**Kananaskis emergency centre gets \$18.5M boost**

Emergency services in the Kananaskis parks got a \$18.5 million boost from the province Monday.

The province announced funding for a replacement Kananaskis Emergency Services Centre, located next to Kananaskis Village on Highway 40. It will be the base for 24-hour emergency response in the Kananaskis region.

"This new investment will result in enhanced safety for Albertans and visitors to the province who are drawn year-round, to Kananaskis," said Shannon Phillips, Minister of Environment. METRO



Alberta Finance Minister Joe Ceci is taking the province's latest budget on a get-to-know you visit with investors and credit-rating agencies. AMBER BRACKEN/THE CANADIAN PRESS

**"The budget released last week clearly demonstrated our commitment to getting costs under control."**

Joe Ceci

# Province's credit downgraded again

## ECONOMY

## Rating down to double-A from triple-A due to rising debt

Alberta's credit rating has taken another hit.

Moody's Investor Service announced Monday it has downgraded Alberta's long-term debt rating to double-A1 from triple-A and has given it a negative outlook.

It's the second downgrade from a rating service since the

province released its budget on April 14 that included removal of its debt ceiling and a forecast of \$58 billion in debt by 2019.

Moody's says the downgrade "reflects the province's growing and unconstrained debt burden, extended timeframe back to balance, weakened liquidity, and risks surrounding the success of the province's medium-term fiscal plan given the outlook for subdued growth."

It also says the province forecasts oil prices to be higher than what Moody's is predicting.

Finance Minister Joe Ceci, who is on a trip to Toronto and New York to meet with business

leaders, says the downgrade is "disappointing."

"We have the strongest balance sheet in the country and net assets of nearly \$50 billion," Ceci said in a news release.

"The budget released last week clearly demonstrated our commitment to getting costs under control, especially in health care, by cutting spending growth to an average of two per cent over the next three years."

Moody's said Alberta's success in reducing the deficit is predicated on the success of the province's spending plan and whether the anticipated

forecasts for revenue improvement and oil price recovery will materialize.

"Given the lengthy period of deficits, potential for weaker economic activity and continued revenue dependence on volatile oil royalties, the negative outlook reflects Moody's view that the province's fiscal health could deteriorate further."

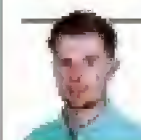
A day after Alberta's budget came out on April 14, DBRS downgraded the province's rating to double-A from triple-A due to debt levels.

The budget includes a \$10.4-billion deficit this year.

THE CANADIAN PRESS

## HEALTH CARE

## Investment may reduce costs: Study



**Jeremy Simes**

For Metro | Calgary

If the government integrated preventative care more systematically into primary care networks, the province would have enough money to fill the Foothills Medical Centre with acute care beds, according to a University of Calgary researcher.

Herb Emery, author of new report that finds preventative health care could significantly bend the cost curve, said participants started reaping the benefits of primary care after one year, reducing hospital visits significantly.

"You can build health or you can build hospitals," Emery said. "So what we're trying to show is that if the government can change its mindset away from resourcing a hospital and doctor based system to actually keeping Albertans healthy, you can achieve much of the same outcomes."

The study dove into Alberta Health Services data from the Pure North S'Energy preventative health care program, which provides patients with access to a variety of health professionals.

After one year, hospital visits fell by 27 per cent and the number of visits for ambulatory care dropped by 12 per cent.

Emery said the figures mean big savings — the study found patients saved the system up to \$600. Prior to joining the program, the average cost to the system was \$1,329 per individual annually.

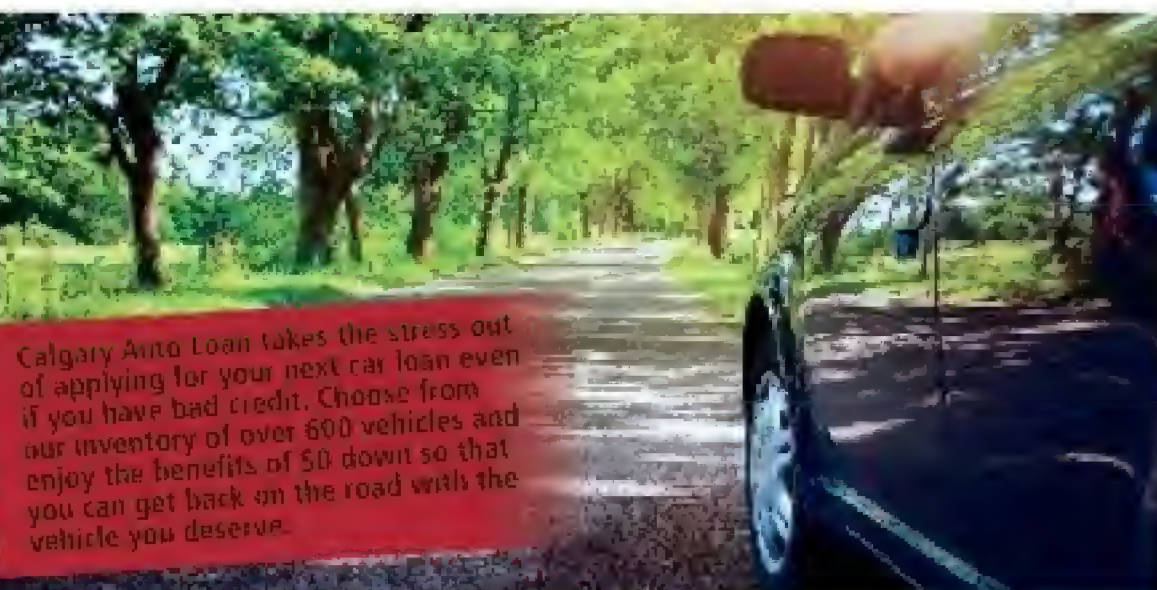
"These savings we're identifying aren't even accounting for those future benefits for people," he said.

"By actually keeping people healthier and changing the way we spend away from sick people to working on the whole population, we can actually restore the sustainability of care and make Albertans better off."

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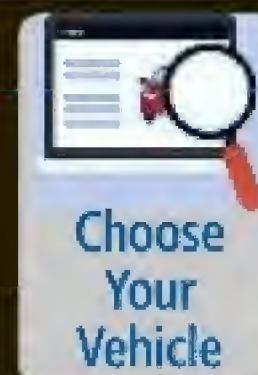


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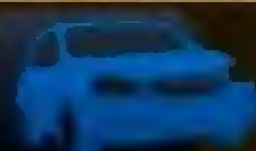


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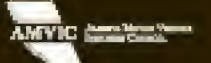
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# Ethics dominate session

## COUNCIL

**Staff still silent on discovery of Uber driver's criminal past**



**Helen Pike**  
Metro | Calgary

At Monday's city council session, as questions over ethics swirled, and answers were few and far between, one thing was made abundantly clear: The city won't be discussing how they found out an individual who has a criminal history passed the Uber background check.

When Coun. Richard Pootmans asked Mayor Naheed Nenshi about the city's alleged hiring of Transportation Network Company drivers, the city's solicitor Glenda Cole quickly replied: "that is a legal matter, and that matter should be discussed in-camera."

"I have said before, many times that we know, anec-



The City of Calgary is keeping tight lipped about how they found alleged faults in Uber's background checks. METRO FILE

dotally, that someone made it through the process who had a criminal conviction, and I think Calgarians deserve to know that," said Nenshi. "I

made allegations that it went further than that, and that's not fair, that's not right."

The active legal action, according to the mayor's staff,

is the Uber injunction.

Coun. Diane Colley-Urquhart added an item of urgent business to give the mayor an opportunity to speak

and apologize for his actions. She told reporters there are two issues at hand, one for the integrity commissioner, and one about the city's tactics.

After several questions and debate on the item, council went in-camera, some attended in protest, and Colley-Urquhart didn't go in camera at all because she didn't want to discuss the merits of what was said behind closed doors.

She said council wasn't briefed on any of the tactics being used for the covert operation — which isn't typical.

"I've been very involved with this taxi file for about 10 years, cleaning it up sitting on the licence appeal board ... I've been intimately involved with all the ins and outs in the industry," said Colley-Urquhart.

"I have never heard of this before. I know livery transport and bylaw went undercover and it was a sting operation ... it formed the basis for taking the matter to the court — that is all as far as I know that occurred."

Colley-Urquhart called the tactic, if it was used, a form of entrapment — "I'm astonished," she said.

## UBER BYLAW

**City can't disclose tactics**

Although Calgarians were assured clarity at Monday's city council meeting, most questions about the "sting operation" to catch Uber drivers breaking the bylaw went unanswered.

A vague statement issued by the City of Calgary pointed out their tactics were customary and appropriate techniques.

"In 2015 October, council directed administration to examine options to regulate TNCs for council's consideration," read the city's statement. "To develop its recommendations, administration needed to understand the operations of the TNC industry."

When Metro asked about the covert operation administration, who was hired to do the job and how much they were paid, the city said it was unable to answer.

"As tickets have been issued for bylaw offences and these matters are still before the courts administration will not be providing further information about its investigative ... techniques," said spokesperson Carissa Vescio.

The court documents complete with affidavits have been sealed. HELEN PIKE/METRO

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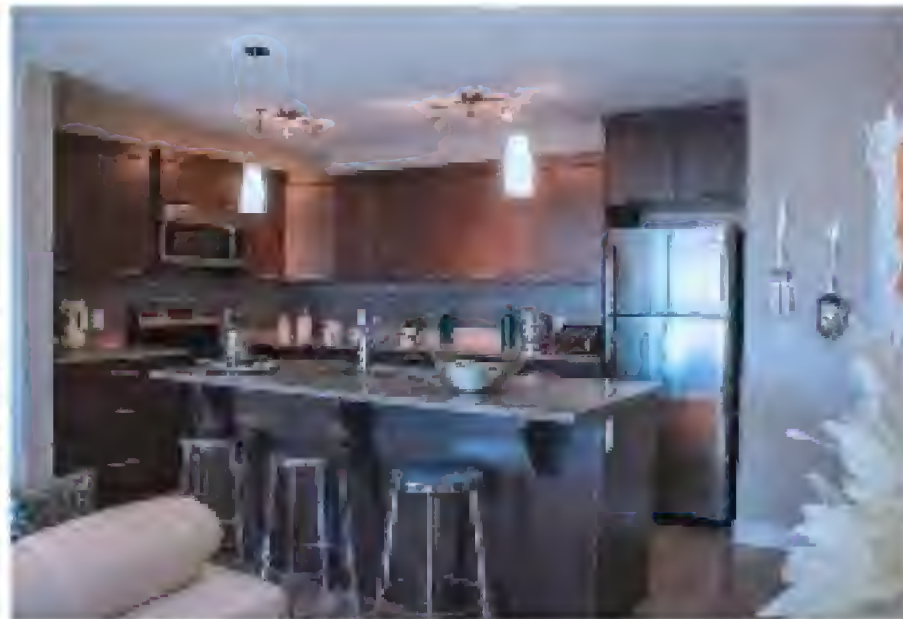
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## SUSTAINABILITY

## Federal cabinet holds firm on pipeline

Alberta Premier Rachel Notley's pleas to the federal cabinet to give the province a pipeline and enrich employment insurance seem to be gaining little traction.

Notley met with Prime Minister Justin Trudeau privately on Sunday and then addressed about half the cabinet at the beginning of a three-day retreat in Kananaskis, Alta.

But on Monday morning, even as ministers said the meeting with Notley was product-

ive, there were no signs that anything was changing for the Ottawa-Alberta relationship.

Transport Minister Marc Garneau held firm on the federal government's commitment to institute a crude oil tanker ban on B.C.'s north coast that threatens the proposed Northern Gateway pipeline.

"I have been tasked with implementing a formal moratorium and we're working on that," said Garneau.

But he would not say if the

ban would be temporary or permanent.

Natural Resources Minister Jim Carr was also noncommittal on Notley's requests.

He said ministers learned more from her about the tough economic times in the province and the need for market access.

"It was very useful, and I was very glad my colleagues had the opportunity to hear directly from the premier of Alberta," said Carr.

Infrastructure Minister

Amarjeet Sohi said cabinet is "keenly aware" of the challenges Alberta is facing and the need to get resources to market. But he made no promises.

"We need to get the right price for the resources that we have, and that we're getting those resources to the international market, but we need to do it in a way that's sustainable, that achieves the goal of economic growth as well as environmental sustainability," said Sohi. THE CANADIAN PRESS

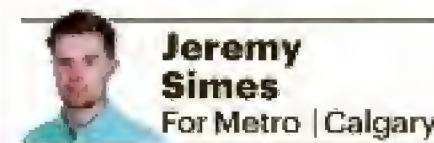


Bo Cooper's family is feeling ecstatic about news that he has entered remission after U.S. trial treatment to eradicate cancer. CONTRIBUTED

# Optimism after trial treatment

## IMMUNOTHERAPY

## Fort McMurray firefighter in remission from cancer



Bo Cooper's family is feeling pretty excited, yet cautious, about his reduced cancer symptoms.

Cooper, who made headlines in January for partaking in the National Institutes of Health Clinical Centre's trial program for the CAR T-Cell immunotherapy in Maryland, has entered remission, according to family friend Rob Van Hecke.

"We're obviously very happy and ecstatic," Van Hecke said. "At the same time it comes with some cautious optimism — it's the third time (Cooper) has been announced to be remission."

Cooper, who suffers from acute lymphoblastic leukemia — a cancer of the blood and bone marrow — received his

life-time dose of chemotherapy, meaning he had no option but to go to the U.S. for CAR T-Cell immunotherapy, a method that engineers T-Cells — white blood cells — to recognize tumours to destroy cancer.

Van Hecke said the family won't know if or when Cooper will fully recover, as the remission period lasts a long time.

"There's always that one-year, two-year, five-year kind of mark," he said. "I don't really think that it's going to be much different. With medicine nothing is guaranteed, so it's just one day at a time right now."

But Cooper has been looking much better since January, he added.

"There's a brightness," he said. "There's some degree of relief — the positivity is there."

Van Hecke said the family will hear in the next few days to see when Cooper can go home.

"It's a still a long road," he said. "It's just figuring out all the scheduling right now and what's going to work best. Everything is just one step at a time."

Cooper is also being profiled by Discovery Life as part of a docu-series.

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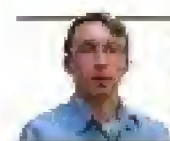


Theresa Van Wijk was one of 36 clients who relied on the ARCH program for housing help. She was transferred to another program when ARCH shut down last month. JEREMY SIMES/FOR METRO

# Housing program for homeless shut

HEALTH

## Project gave support, with focus on specialized care



Brodie Thomas  
Metro | Calgary

When Theresa Van Wijk learned that the Allied Restorative Community Housing (ARCH) program would be coming to an end, her first reaction was panic.

"I thought I was going to lose my housing — I didn't want to go backwards," said Van Wijk.

The ARCH program officially ended March 31. It was funded mainly by the Calgary Homeless Foundation and administered through the Mustard Seed.

ARCH provided housing assistance and other support to

single adult men and women with mental health and addictions issues, with special focus on medical needs.

"My housing worker — she was a huge support for my medical appointments and trying to get things around with AISH (Assured Income for the Severely Handicapped) and specialists, and getting to and from those programs," said Van Wijk, who suffers from multiple disabilities.

Sara Mikhail, housing first program manager with the Mustard Seed, said the program provided housing right away, and then worked to address any issues the client might have.

She said the Mustard Seed has a similar program, called After Care, which does the same things without the emphasis on medical assistance. Van Wijk is now being served in the After Care program.

Both programs aim to "graduate" clients, once they have worked through their issues.

At the time it shut down, ARCH was serving 36 clients. A minority of those graduated from the program, but those still in need were transferred to other programs.

Mikhail said nobody was left in the lurch.

Kevin McNichol, vice president of strategy at the Calgary Homeless Foundation, said after reviewing the program, the foundation decided ARCH wasn't meeting the standards of some other programs, so they decided to discontinue funding.

He notes the Mustard Seed was given a year and a half to get ready, and that ensured everyone was transferred to other programs.

Mikhail said although ARCH has been shut down for now, the program has been around for several years and achieved accreditation. She is hopeful it can be revived in the future.

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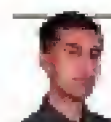
metr NEWS | Calgary

Tuesday, April 26, 2016 13

## A visual listening party

### VISUAL ARTS

### Radioheaded 3 imagines album as stage performance



**Aaron Chatha**  
Metro | Calgary

Billed as a listening party to watch, One Yellow Rabbit is re-imagining Radiohead's *Hail to the Thief* album through the bodies of 20 young artists.

Radioheaded 3, constructed by Denise Clarke, presents a series of physical performances all set to the 2003 album.

For example, the song *Punchup at a Wedding* involves a choreographed piece with amateur boxers.

The cast also includes "experienced" spoken-word artists, acting as authority figures to rebel against.

This is the third time the group has turned a Radiohead album into a stage production — the first being in the '90s with *OK Computer*, and then years later with *In Rainbows*.

Radioheaded 3 premiered at Sled Island last year, and comes back during *One Yellow Rab-*

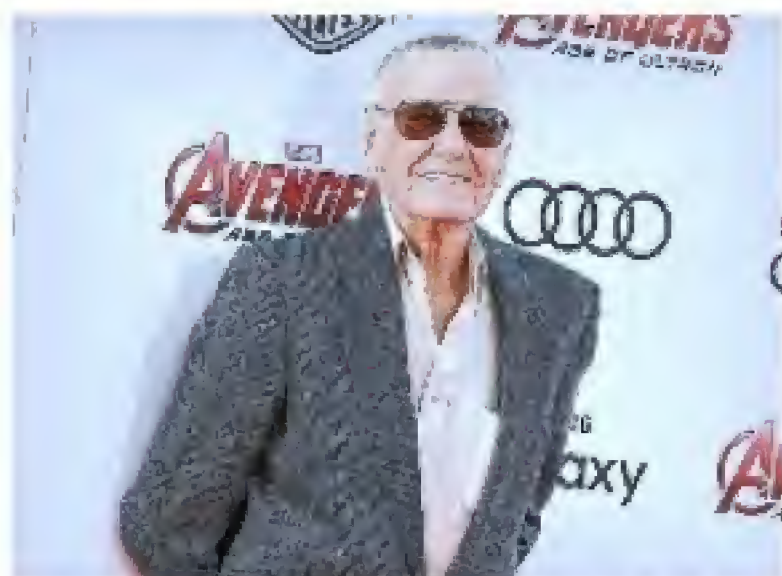
*bit* in May. Director Mark Ikeda said what made the production so well-received was how audience members brought their own personal histories and thoughts into the space.

"It's never cut-and-dry with Radiohead," he said. "They call on the listener to meet the music. I think that's why the physical performance lends itself to that."

Radioheaded 3 runs May 19 to 21. Visit [oyr.org](http://oyr.org) for information.



The production first appeared at Sled Island last year, and returns because of positive response. COURTESY DIANE + MIKE PHOTOGRAPHY



Stan Lee, famous Marvel comics writer, cancelled at the last minute in 2015. Scheduler Emily Expo said delivering cancellation news is the worst part of her job. THE CANADIAN PRESS

### COMIC EXPO

### Booking Stan Lee

For this year's Calgary Comic Expo, spokeswoman, co-ordinator and mascot Emily Expo booked 36 celebrity media guests.

That's 36 guests who are constantly working, booking new gigs and setting up other appearances worldwide.

Expo — an official moniker — said booking a guest can take more than a year. With the event days away, she's already coming up with ideas for 2017. That's a year of phone calls and emails working out schedules, which often can't be finalized until closer to the actual expo. When she finally gets confirmation, she begins organizing photos and publicity.

The worst part of her job is when someone cancels. Last year, Stan Lee cancelled at the last minute. This year, cancellations included *The Walking Dead* stars Steven Yuen, Alanna Masterson and Lennie James.

"It's the most frustrating thing to happen, because people are purchasing tickets to see certain guests," said Expo. "Fans are super excited,

so when you have someone who, at the last minute, is no longer able to come — it's always really difficult to deliver the news."

It isn't always TV and film celebrities that are tough to book — comic creators have busy schedules. Then there's travel: There are fewer direct flights from the States to Calgary, than to Vancouver.

But when it does work out, it's lead to lasting relationships.

"I had a really nice conversation with Patrick Stewart about Shakespeare," recalled Expo. "As soon as I mentioned Macbeth, he kind of stopped what he was doing and gave me his full attention."

In a time when the Canadian dollar is not at its strongest, and it might be a more lucrative venture to attend appearances in the U.S., Expo said it's their strong relationships and ability to put on a fun show that keep A-list celebrities like Lee and William Shatner coming back to Calgary.

AARON CHATHA/METRO



When you have someone who, at the last minute, is no longer able to come — it's always really difficult to deliver the news.

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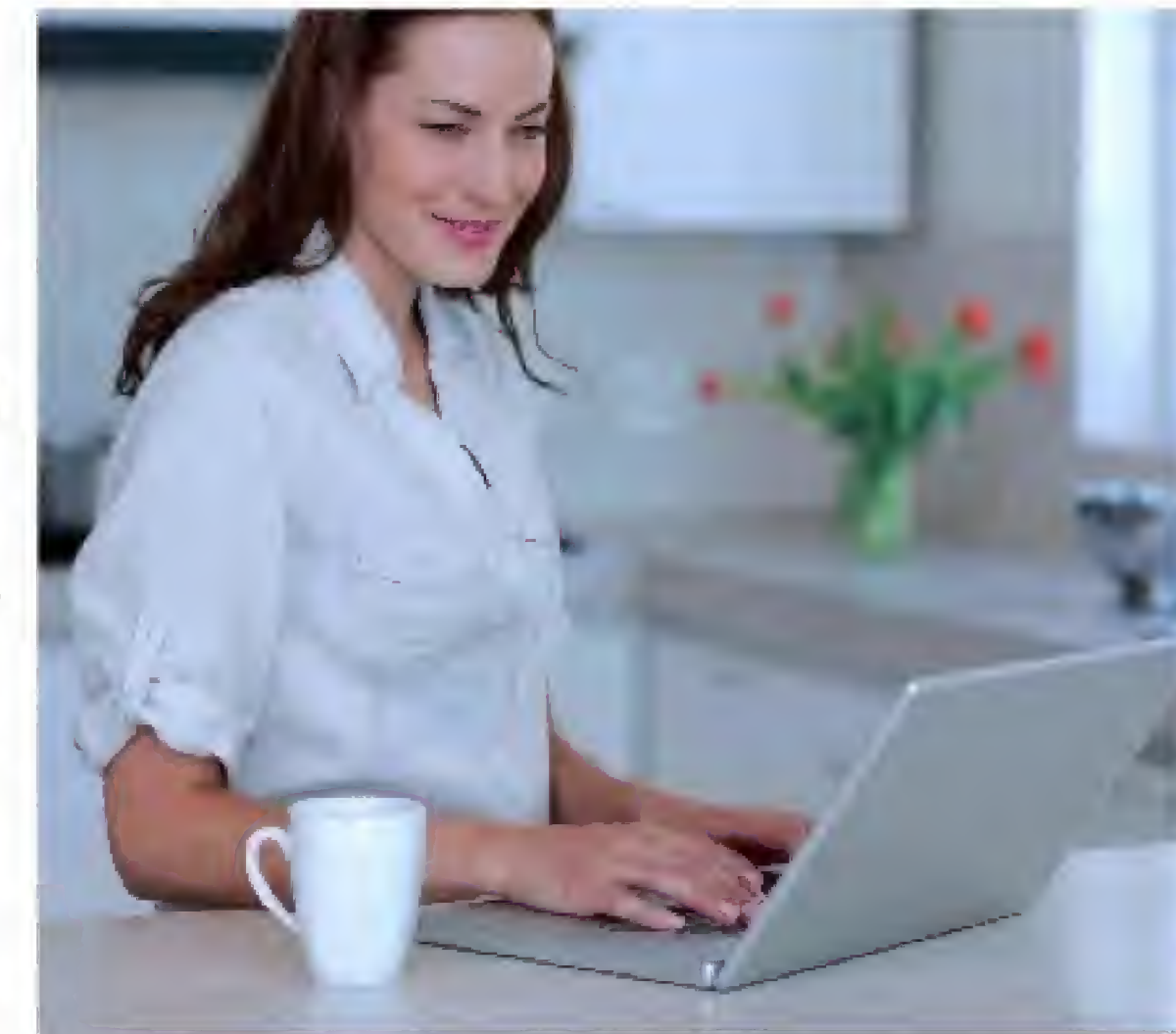
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16 Tuesday, April 26, 2016

Calgary metro NEWS

# It's time for action: Del Graff

## INDIGENOUS ISSUES

### Child advocate urges suicide prevention plan for youth

Alberta's child advocate is calling on the province to fund a suicide-prevention strategy to tackle what he calls a "terrible trend of aboriginal youth suicide."

Del Graff, who released a 99-page report Monday, said the plan must be led by communities and recognize indigenous values and cultural practices.

Graff further suggested in a detailed list of 12 recommendations the development of school-based programs and better suicide-intervention training for teachers, social workers and medical staff.

It's time for change and action, he said.

"Albertans care about kids," he told reporters. "While suicide is complex and is compounded for aboriginal young people because of their history and the legacies that continue



Alberta Child and Youth Advocate Del Graff releases an investigative review on the suicide deaths of seven aboriginal young people in Edmonton. CODIE MCLACHLAN/THE CANADIAN PRESS

to impact their lives, it is also preventable.

"The problem is not a lack of knowledge... What is required is a willingness to make this issue a priority."

Graff's report looks at the

lives of seven indigenous teens involved with social services. They were from different Alberta communities, both off and on reserves, and killed themselves between June 2013 and December 2014.

Two of them were brothers, 15 and 18, who died four months apart.

The teens all experienced early childhood trauma from exposure to domestic violence, parental addictions or parental

**“While suicide is complex ... it is also preventable.”**  
Del Graff

mental-health issues, the report said. Some had relatives commit suicide, and some were moved several times.

All the youth were affected in some way by residential schools, said the report, which added the schools and so-called '60s Scoop left many ill-equipped to parent themselves and led to their passing on abuse, violence and dysfunction to new generations.

The report further lists poverty, poor housing, limited health services and unemployment as risk factors for suicide.

It said high-profile or multiple suicides in a community tend to spawn more.

"In some communities, it is not uncommon for a youth suicide to be followed by another within a short time," said the report. "When a com-

munity suffers from repeated losses, a sense of hopelessness can grow."

Elder Francis Whiskeyjack, who helped with the report, said the suicide risk among indigenous youth is like a cancer that will take many years of treatment.

Alberta Human Services Minister Irfan Sabir said in a news release that the province will review the report and consult with the federal government to implement recommendations.

Health Minister David Eggen committed in the same release to implementing school-based suicide-prevention programs.

"We will work to ensure students living on and off reserve are offered all the learning opportunities and support services they need," he said.

Liberal Leader David Swann urged the province to implement all the recommendations without delay.

"They echo the calls of many previous reports," he said. "How many more studies and reports need to happen before government finally acts?"

THE CANADIAN PRESS

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TJ Anderson and Angie Shilliday are using their renovation background to break down stereotypes and help women in need. AARON CHATHA / METRO

EZEKIEL STEPHAN

## Fate of parents charged in child's death in jury's hands

The guilt or innocence of an Alberta couple accused of culpability in the meningitis death of their toddler is now in the hands of a jury.

David Stephan, 32, and Collet Stephan, 35, are charged with failing to provide the necessities of life to nearly 19-month-old Ezekiel in March 2012.

The couple testified they believed that Ezekiel was suffering from croup or flu, so they treated him with remedies that included hot peppers, garlic, onions and

horseradish over 2 1/2 weeks before he stopped breathing and was rushed to a nearby hospital.

The boy was then taken to the Alberta Children's Hospital in Calgary where doctors detected little brain activity and he died a couple of days later.

The defence argues the couple were loving, responsible parents who simply didn't realize how sick the little boy was. The Crown says they didn't do enough to ensure Ezekiel received the medical treatment he required, noting

they had been warned by a friend who was a registered nurse that the boy likely had meningitis.

Justice Rodney Jerke spent two hours Monday in his charge to the jury, cautioning the four men and eight women that they had to be convinced beyond a "reasonable doubt" to find the couple guilty.

"You must not make your decisions based on sympathy, prejudice or fear," said Jerke. "You are the judges of the facts. You must not use your own ideas about

what the law should be."

As has been over the course of the six-week trial, the courtroom was full on Monday. More than 60 supporters filed in, many with crying children in tow, and sat behind the Stephans. Several gave Collet Stephan a hug during the break.

The jurors will be sequestered until a verdict is reached.

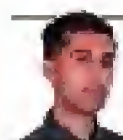
The maximum penalty for failing to provide the necessities of life is five years in prison.

THE CANADIAN PRESS

## Ex-beauty queens don hard hats

HOME RENOVATION

Past winners of Mrs. Calgary ditch tiaras for new TV show



Aaron Chatha  
Metro | Calgary

Two former Calgary beauty queens are pulling out the drills and hammers for a different kind of facelift.

TJ Anderson and Angie Shilliday are co-hosting and co-producing Crowns of Construction, a television show that has the former Mrs. Calgary winners tearing down walls and renovating a home.

"The idea was to create a new type of home reno show featuring these beauty queens who hung up their tiaras to put on hard hats and boots, to do some renos," said director of photographer Jose Luis Gonzalez.

For their first project, the women didn't choose any home — they're working with

the Recovery Acres Society to renovate an old home in a building with a daycare and treatment facility for women overcoming addictions. It will also have units acting as transitional homes for women who need it.

"Women just feel like they're not able to get the help they need, and a lot of times it's because they're single moms," said Anderson. "They've got children to look after, and their own priorities go lower on the totem pole."

Shilliday said the show will also help break down stereotypes surrounding women in physical labour. They ladies are active on the show, not only providing instruction to contractors, but swinging sledgehammers and actively taking part in the renovations.

"If you were to look at our hands — these don't look like beauty queen hands," laughed Shilliday. "We're in there, full-on, back breaking work and loving every second of it."

The show will be premiering in the fall. For more information, follow Crowns of Construction on Facebook.

**“Women just feel like they're not able to get the help they need.”**

TJ Anderson

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Abu Sabaya, far left, one of the leaders of the Abu Sayyaf muslim extremist group, is seen with rebels displaying heavy weaponry while in Jolo island July 17, 2000. The militants beheaded 68-year-old John Ridsdel, of Calgary, and are still holding three other tourists hostage. AFP/GETTY IMAGES

## Ridsdel 'could bridge many communities'

John Ridsdel, a Canadian killed by hostage-takers in the Philippines, was remembered Monday as a brilliant, compassionate man with a talent for friendship.

"He could bridge many communities, many people, many situations and circumstances and environments in a very gentle way," said Gerald Thurston, a lifelong friend of the former mining executive and journalist who grew up with him in Yorkton, Sask.

Ridsdel was one of four tourists who were kidnapped last September from a marina resort on southern Samal Island by Abu Sayyaf militants.

The Islamic militants had threatened to kill one of the male hostages if a large ransom was not paid by 3 p.m. Monday local time — 3 a.m. ET.

Police said Monday that the head of a Caucasian male was recovered in the southern Philippines and Canadian government officials confirmed the victim was Ridsdel.

Thurston said his friend was marked by the compassion and respect with which he treated those around him.

"It is hard to believe this could happen to someone who was raised in Yorkton," Saskatchewan Premier Brad Wall said in a Facebook post.

THE CANADIAN PRESS



John Ridsdel AFP/GETTY IMAGES

# Trudeau condemns killing as 'cold-blooded murder'

## TERRORISM

### John Ridsdel was beheaded by militants in Philippines

Prime Minister Justin Trudeau condemned Monday the "cold-blooded murder" of a Canadian beheaded by terrorists in the Philippines after being held hostage for seven months.

Trudeau confirmed the victim was 68-year-old John Ridsdel of Calgary.

Ridsdel was one of four tourists — including fellow Canadian

Robert Hall, a Norwegian man and a Filipino woman — who were kidnapped last Sept. 21 by Abu Sayyaf militants from a marina on southern Samal Island.

The militants had threatened to kill one of the three male hostages if a large ransom was not paid by 3 p.m. Monday local time — 3 a.m. ET.

Philippines police said a plastic bag containing Ridsdel's decapitated head was dumped in a street Monday night by two men on a motorcycle in Jolo, a town in Sulu province.

Trudeau said he was "outraged" by the news.

"Canada condemns without reservation the brutality of the

hostage-takers and this unnecessary death," Trudeau said in a hastily assembled appearance before the media in the midst of a cabinet retreat.

"This was an act of cold-blooded murder and responsibility rests squarely with the terrorist group who took him hostage."

Trudeau said the Canadian government is committed to working with the Philippine government and international partners to "pursue those responsible for this heinous act and bring them to justice."

On behalf of all Canadians, he expressed his "deepest condolences" to Ridsdel's family and friends.

He did not answer any questions, including whether the government had paid a ransom for Ridsdel or Hall. However, an official said it is long-standing government policy to not pay ransom demands.

In militant videos posted online, Ridsdel and Hall, Norwegian Kjartan Sekkingstad and Filipino Marites Flor were shown sitting in a clearing with heavily armed militants standing behind them. In some of the videos, a militant positioned a long knife on Ridsdel's neck. Two black flags hung in the backdrop of lush foliage.

The abductions highlighted the long-running security prob-

lems hounding the southern Philippines, a resource-rich region that suffers from poverty, lawlessness and decades-long Muslim and communist insurgencies.

Abu Sayyaf emerged in the early 1990s as an offshoot of a separatist rebellion by minority Muslims in the predominantly Roman Catholic nation's south.

The group — which Canada and other western countries consider a terrorist organization — has relied on extortion and huge ransoms earned from kidnappings of mostly Western tourists and missionaries to survive for more than two decades.

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## POLICE SHOOTING

# Tamir Rice suit settled

The city on Monday reached a \$6 million settlement in a lawsuit over the death of Tamir Rice, a 12-year-old black boy shot by a white police officer while playing with a pellet gun outside a recreation centre.

An order filed in U.S. District Court in Cleveland said the city will pay out \$3 million this year and \$3 million the next. There was no admission of wrongdoing in the settlement.

Family attorney Subodh Chandra called the settlement historic but added: "The resolution is nothing to celebrate because a 12-year-old child needlessly lost his life."

The wrongful death suit filed by his family and estate against the city and officers and dispatchers who were involved alleged police acted recklessly when they confronted the boy on Nov. 22, 2014. A video of the encounter shows a cruiser skidding to a stop and rookie patrolman Timothy Loehmann firing within two seconds of opening the car door. Tamir wasn't given first aid until about four minutes later, when an FBI agent trained as a paramedic arrived.

Tamir's death has fuelled the Black Lives Matter movement that firmly took root in 2014 after Michael Brown in Ferguson, Missouri, and Eric Garner in New York City died at the hands of police. Grand juries declined to indict officers in those two deaths and in the shooting of Tamir.

THE ASSOCIATED PRESS



Tamir Rice AFP/GETTY IMAGES

# Opponents ally to oust Trump

## U.S. ELECTION

## Front-runner bristling at collaboration

Donald Trump says an extraordinary collaboration between Ted Cruz and John Kasich aimed at unifying the anti-Trump vote in some remaining primaries is a desperate move by "mathematically dead" rivals.

Such collusion would be illegal in many industries, the Republican presidential front-runner said, but it's illustrative of "everything that is wrong in Washington and our political system."

Under the arrangement outlined late Sunday, Kasich, the Ohio governor, will step back

in the May 3 Indiana contest to let Cruz bid for voters who don't like Trump. Cruz, a Texas senator, will do the same for Kasich in Oregon and New Mexico.

The arrangement does not address the five Northeastern states set to vote Tuesday, where Trump is expected to add to his already overwhelming delegate lead. Yet the shift offers increasingly desperate Trump foes a glimmer of hope in their long and frustrating fight to halt the billionaire's rise.

"It is big news today that John Kasich has decided to pull out of Indiana to give us a head to head contest with Donald Trump," Cruz told reporters as he campaigned in Indiana on Monday. "That is good for the men and women of Indiana. It's good for the country to



Ted Cruz and John Kasich AFP/GETTY IMAGES

have a clear and direct choice."

Kasich sent mixed messages, however, as he addressed the pact for the first time while campaigning in Philadelphia.

Asked what Indiana voters should do next week, the Ohio governor just 13 hours after the arrangement was announced urged them to vote for him.

"I've never told them not to vote for me. They ought to

vote for me," Kasich said in a Philadelphia diner. He said he simply agreed not to spend "resources" in Indiana.

The announcement marks a sharp reversal for Cruz's team, which aggressively opposed coordinating anti-Trump efforts with Kasich as recently as late last week. And the agreement applies only to Indiana, Oregon and New Mexico — three of

the 15 states remaining on the Republican primary calendar. As Kasich backs out of Indiana, Cruz promised he would not compete in Oregon on May 17 and New Mexico on June 7.

Cruz's campaign manager, Jeff Roe, said in a statement explaining the new plans that Trump would be soundly defeated by the Democratic nominee, whether it's Hillary Clinton or Bernie Sanders. "Having Donald Trump at the top of the ticket in November would be a sure disaster for Republicans," he said.

Added Kasich's chief strategist, John Weaver, "Our goal is to have an open convention in Cleveland, where we are confident a candidate capable of uniting the party and winning in November will emerge as the nominee." THE ASSOCIATED PRESS



## GREECE

## Jordan's queen visits refugee camp

Queen Rania of Jordan has visited refugees and migrants on the Greek island of Lesbos, which has been one of the main gateways into Europe for people fleeing war, poverty and persecution at home.

Rania visited the Kara Tepe camp Monday, a facility hosting more than 800 people. She says aid organizations had voiced "deep concern" over the recent European Union-Turkey deal under which those arriving on Greek islands after March 20 face deportation back to Turkey.

Rania added it is "absolutely crucial for us to look for legal alternatives and more safe and effective (alternatives)."

THE ASSOCIATED PRESS & GETTY IMAGES



## TURKEY

## 3,300 suspected jihadi deported

Turkey has deported more than 3,300 foreigners suspected of links to jihadi groups, particularly Daesh militants, and another 41,000 foreigners have been barred from entering the country as part of its fight against the militant group, a top official said Monday.

Turkish profiling teams have also interviewed 9,500 people upon their arrival in Turkey, Ibrahim Kalin, a spokesman for President Recep Tayyip Erdogan, told reporters. Some 2,000 of them were denied entry as a result.

Around 2,770 suspects, in-

cluding 1,232 foreigners, have been caught in police sweeps and 954 of them are being prosecuted, Kalin said.

Separately, Turkey's state news agency, citing unnamed military sources, said close to 900 alleged Daesh militants have been killed since January in Turkish artillery and airstrikes against the group in Syria. The agency said 492 of the militants were killed in air raids while another 370 were killed by artillery fire.

4

The number of deadly bomb attacks in Turkey since July that have been blamed on Daesh.

The agency didn't specify how the figures were obtained and it wasn't possible to verify them independently.

Turkey, long accused of turning a blind eye to the extremists crossing into Syria, has now taken a larger role in the fight against Daesh, opening a key air base in southern Turkey to the U.S.-led coalition fighting the extremists and reinforcing its border to prevent infiltration. THE ASSOCIATED PRESS

## CAMBODIA

## Turtle is declared nearly extinct



A Cambodian Royal Turtle walks on the sand of Sre Ambel river bank, in western Phnom Penh, Cambodia. THE ASSOCIATED PRESS

Cambodia's Royal Turtle is nearly extinct, with fewer than 10 left in the wild, because increased sand dredging and illegal clearance of flooded forest have shrunk its habitat, a conservationist group warned Monday.

The New York-based Wildlife Conservation Society said in a statement that for several years the small remaining population of Royal Turtles, "perhaps numbering fewer than 10," has been successfully protected in the Sre Ambel river system by a joint project of the government's Fishery Administration

and WCS.

But a recent increase in disturbance along the river system in Koh Khang province, the only place the turtle is still found in Cambodia, is putting the species at great risk, it said.

The Royal Turtle is one of the world's 25 most endangered tortoises and freshwater turtles. Also known as the Southern River terrapin, the Royal Turtle is so named because in historical times only the royal family could consume its eggs. The species was designated as Cambodia's national reptile in 2005.

THE ASSOCIATED PRESS



# Procrastinators, do your taxes \$1,580

## FINANCE

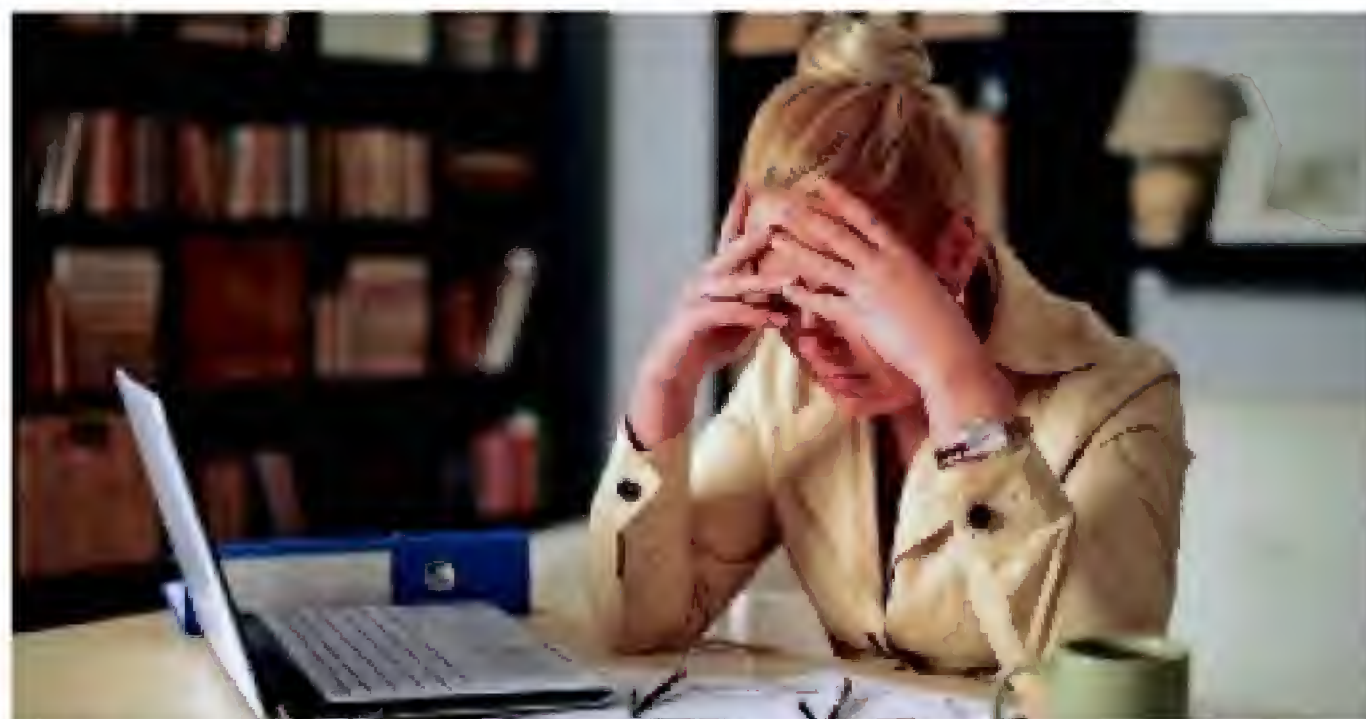
## To avoid penalties, get returns filed before April 30

Taxes! What are they good for? That's what many Canadians ask themselves this time of year, as they scramble to file them on time.

Jacob Hirsh, an assistant professor at the University of Toronto, has a different question: "Why wouldn't you put them off?"

The Canada Revenue Agency expects your tax returns by April 30 (or June 15 if you are self-employed). But only 18 per cent of Canadians file well in advance of those dates, with one in five filing just in time, according to an H&R Block survey released last year.

Unless you're expecting a big refund, there is no real positive incentive to do your taxes early, according to Hirsh, who teaches organizational behaviour and human resource management. "Normally, the things that motivate us the most are the things we're ex-



Get rid of the taxes anxiety by just doing them already. iStock

cited about; we perceive an opportunity for value," he said.

The main reward that comes with getting your taxes done is just that — the fact that they're done, Hirsh adds.

But there are negative incentives if you don't, include financial penalties. In other words, "Get it done — stop procrastinating, Canada!" says Caroline Battista, a senior tax analyst at H&R Block. "We want the services that come through

paying our taxes, but don't want to pay more than (our) fair share," she says. "And the chance to do that is on (our) tax return."

### WHAT HAPPENS IF YOU FILE LATE?

Interest starts accumulating May 1 at 5 per cent, "but it comes up to a bit more because it's compounded daily," says chartered professional accountant Dale Romanovsky. There are also extra monthly

penalties for late returns.

If push comes to shove, the CRA will take care of your taxes itself, since employers file tax slips, Romanovsky says. He's noticed more clients coming to him with letters from CRA with its own assessments of what they owe.

### WHO FILES LATE?

According to H&R Block, 35- to 54-year-olds procrastinate the most. That may simply be because their lives are busier,

Battista says.

When it comes to tax procrastinators' financial situations, though, anxiety doesn't discriminate.

Even experts can be guilty of putting things off; an accountant was a subject of a case study on which York University psychology professor Gordon Flett worked.

"He wasn't filing other people's taxes on time, let alone his own," says Flett. "This is how severe it was."

### WHY PEOPLE DON'T FILE (ON TIME)?

People procrastinate for a number of reasons, including fear of failure, the seeming complexity of a task, the "jolt" that may come with doing something at the last minute, and a distaste for being told what to do, according to Flett.

Conscientious people tend not to procrastinate, says Hirsh, who added that some of the issues may have to do with a lack of awareness about taxes. "Basic financial life skills should be taught in school," he says, noting some are taught in high school, but that might be years before someone actually has to file a tax return.

TORSTAR NEWS SERVICE

The average tax refund processed in April, according to H&R Block

## \$1,700

The average refund processed from January to March

## \$1,380

The average refund processed after April

## \$1,643

The average refund for 2015 as of April 12, 2016, according to CRA

## 29M

Number of Canadians that the CRA expects will file a return for 2015



Andra Day THE ASSOCIATED PRESS

## Andra Day to appear on 40 million Coke cups

Andra Day wants to inspire people to rise up while drinking a Coke.

The Grammy-nominated singer's image and lyrics from her standout single Rise Up will appear exclusively on 40 million Coca-Cola cups at select McDonald's throughout the country.

Coke officials told The Associated Press on Monday. Day's appearance on the red-and-white cups is an extension of the recently launched "Share a Cup and a Song" lyrics program.

The cups will be available May 2.

"I really hope this gives people

a simple reminder to persevere," Day said. "That's what the song is all about. That's why I like this Coke campaign, because it makes you inspire community. I hope people are able to see the encouraging stories through this."

Purchasers of the cups can

also view the short film documentary "I Rise," inspired by Day's single "Rise Up." The film can be watched on a cellular device after scanning a cup using Shazam's new image recognition technology.

The film features four African-American women, showcasing

the impact they're making in their communities.

"Andra was an easy choice because she's an amazing talent," said Umut Ozaydinli of Deviant Ventures, a marketing agency for Coca-Cola. "Her song Rise Up has all the elements of an anthem." THE ASSOCIATED PRESS



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## METRO POLL

# Is Game of Thrones' nudity sexist?

As the world settles in to relish Games of Thrones' sixth season, one of the burning questions on fans' minds is: "Who are we going to see naked?" Metro's own unscientific research yielded unsurprising results: Over the show's five seasons, women have been given the full-frontal treatment twice as often as men. Is that unfair? **Is it time to even the score?** We asked our online readers.

## 1 Should Game of Thrones adjust its male-to-female nudity ratio?



## 2 Does the fact that there's way more female nudity on the show mean that it's sexist?

60% No way!  
40% Absolutely.

### WE ASKED Metro readers

Women enjoy watching these naked girls just as much as men do.

Equal rights, equal bods!

I think I've seen as many male nipples on the show as I have female nipples. The problem is that female nipples are sexualized.

I would rather see the actor's/actress's skill than their private parts.

It is likely catering to the audience. More males watch.

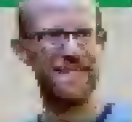
It is not directly being 'sexist,' it just follows the themes and storylines that were developed in the world of this TV show.

visit [metronews.ca](http://metronews.ca)  
**HAVE YOUR SAY**

# Want answers for sports site? Ask right questions

## KLASZUS' CALGARY

Jeremy Klaszus



The west side of downtown is a poor spot for a gargantuan NHL-CFL megaplex.

That point is made in a damning city report released last week, but this insight is nothing new to urban planning experts who have been saying as much all along.

"It didn't make sense," says Francisco Alaniz Uribe, an assistant professor in the University of Calgary's faculty of environmental design, of CalgaryNEXT's proposed West Village location.

"I don't think there's enough space for that kind of development. You wouldn't be able to have a good river interface."

The CalgaryNEXT numbers didn't make sense either. The city pegs the project cost at around \$1.8 billion, not the

\$890 million suggested by Ken King and the Calgary Sports and Entertainment Corporation (CSEC).

But the location of these facilities is just as important as the financing.

West Village is slated to become a mixed-use riverside neighbourhood. CSEC made noises about CalgaryNEXT being a place you could "live, work and play" alongside a shiny new arena, but never made that case convincingly.

Alaniz says if a university student proposed something similar for that site, they'd be put through rigorous questioning about why something with such a massive footprint should go there.

With a brand new LRT station that wasn't designed for the crush of game-day traffic.

With serious creosote contamination underfoot.

With the challenge of Bow Trail.

"They would have to an-

swer," says Alaniz. "But in this case, that question hasn't really been answered."

Put another way, CSEC would fail the class.

The City of Calgary basically gave CSEC a big red F when it said CalgaryNEXT "is not feasible in its present form or location."

Stampede Park — the Flames' current home and the site city admin is suggesting — makes much more sense from a planning perspective.

Alaniz says that it already has two LRT stations made for event traffic, along with parking. And it's got room.

"Just look at an aerial photograph," says Alaniz. "Visualize the structures that are there in terms of buildings. There's so much empty space."

Another option is to look at sites beyond downtown, but that means sucking the economic benefits that come from event traffic out of the core.

A Stampede Park location keeps those benefits downtown without completely choking off major traffic routes. "It needs a much better connection to 17th Avenue, but it's easily walkable and it's kind of a nice little nook," says Alaniz.

Meanwhile, it remains unclear why all of these facilities should be rolled together into one large complex instead of separate facilities.

There are problems, for example, with having the CFL field double as a public fieldhouse. "The design and operational requirements of an admission-based spectator stadium are not naturally aligned with those of a public recreation facility," says the city report.

Like the location, it hasn't been thought through.

Jeremy Klaszus is a freelance journalist and stay-at-home dad.

## ROSEMARY WESTWOOD

metroview

# It's not cool to kill your plants. They have feelings, too.

In 2013, the New Yorker ran a long piece on plant feelings, and whether they have any.

It wasn't conclusive. But it was disturbing enough that I decided to stop buying plants. Inevitably, I kill any that come under my charge. Not via neglect and dehydration, mind you. I'm the smothering kind who drowns them to death.

Even ferns are too risky if there is a chance they could sense their own demise, I decided. Especially after I came across Avery Monsen and Jory John's whimsical book *All My Friends Are Dead*, in which a despondent potted plant begs: "Please stop buying my friends if you are just going to slowly kill them."

In 2010, when that book was printed, plant sensing, as it's sometimes named, hadn't yet come back in vogue (it was, naturally, a thing in the 70s). But there has since been a book (2012's *What a Plant Knows*) arguing plants see, smell, taste and feel; and a simmering debate over plant intelligence (plus a debate over the term "plant intelligence").

There are a few reasons to worry about all this right now. Chiefly, it's spring, and shops are again full of perfumed, kaleidoscope offerings for you to take home, enjoy and kill.

But also: Plants, like plant sensing, are hot. Boutique shops — with stylized cacti and lime-green foliage you

feel the urge to pet — are everywhere.

They answer the question: What do your plants say about you? (Artsy and in love with the southwest desert esthetic!) But beware of who you hurt while curating your image. A throw pillow doesn't care about the end of its threadbare neighbour, but plants have been found to recognize their kin and warn each other of bugs and water scarcity.

The research is part of what Natasha Myers calls a scientific and cultural "moment of recognizing both the force and power of plants."

"For me, the promise of (plant) sensing is the promise of (plant) sentience," says Myers, an anthropologist at York University who studies the relationship between plants and people. Many scientists agree plants both actively respond to, and shape, the world, she says. Perhaps they'll change our very understanding of what "intelligence" is.

What that means for the lowly houseplant is a paradigm shift in its function and worth. Myers suggests that we need to consider relationships of reciprocity with our plants: "What are we willing to give back?"

If not some small effort to understand their slow, subtle signals, their individual necessities of life, it's hard to argue we deserve them.

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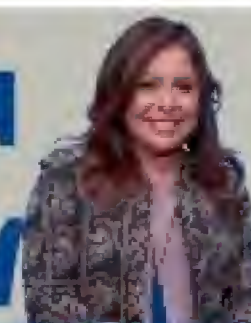
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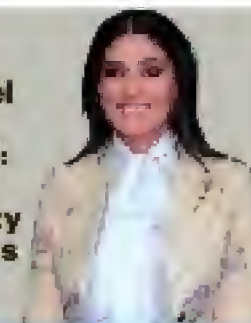


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Rachael  
vs.  
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## The case for dedicated dad time

Labour Minister MaryAnn Mihychuk says she wants dedicated paternity leave to be part of promised changes to parental leave under the Employment Insurance program. **Writer Kaitlyn Kochany** whose husband took 17 weeks off to care for their newborn, shares her experience.

It's one a.m. on a Tuesday night and my husband is knocking on our bedroom door. "Someone's hungry," he says, holding our newborn son Noah. The two of them have been camped out in our den as I catch a couple precious hours of sleep. As Noah feeds, Mike refills my water glass and queues up his next movie, then I roll over once more, thankful that neither of us has to work in the morning.

While many fathers who take parental leave do so towards the end of their baby's first year, after their wives have returned to work, my husband Mike took his as soon as Noah was born. I returned to freelance work four weeks after our son's birth, so Mike arranged to take 17 weeks off, about half the total time allotted to parental leave. We thought we'd be able to establish a schedule before his return to work — sleeping through the night at six weeks, regular naps, family brunch on the weekends — but a fun fact about newborns is that they're totally uninterested in schedules.

Instead, we've used Mike's time off to cement ourselves as a new family. I always have someone to double-check that Noah is eating, sleeping, and pooping enough. He stays up late with the baby, and I get up early, so we both get close to enough sleep (although never quite as much as we want). We go together to doctor's appointments and drop-in centres, giving him intimate knowledge of Noah's health and development. This also saves me from becoming the family note-taker, collecting information to pass along when he's home from work. While I'm responsible for feeding Noah, Mike has become a champion diaper-changer, an experienced baby soother, and the captain of the stroller when we go for walks.

There are downsides, of course. Money is tight, and after the newness wore off, we experienced cabin fever. Well-meaning relatives have cautioned us that, by taking parental leave, Mike's career



Her husband has become the captain of the stroller since his paternity leave, writes Kochany. LIZ BEDDALL/METRO

will suffer. (Some American studies have shown that fathers who take paternity leave can be "daddy tracked," or sidelined for career advancement, similarly to working mothers.) None of us are looking forward to the day Mike has to return to the of-

fice — we're going to miss each other, he's going to miss Noah, and I'll be alone with a baby for the first time since Noah was born.

But the drawbacks are minimal when I look at the big picture. My husband and son bond every single day. Mike was the first person to see Noah roll over and to hear him laugh. The baby is comfortable with both parents — daddy isn't some guy who shows up at dinner time, and I get to recharge. Instead of feeling lonely or overwhelmed, a common complaint among my friends at home alone with their newborns, I feel supported. The big picture stays rosy into the future: children whose fathers take paternity leave tend to do better in school, and their households are usually more equal when it comes to chore division.

With more people than ever working in freelance or contract work, or working from home, this type of arrangement may become more common. Canada is looking at making paternity leave benefits more equitable, and Quebec already offers five weeks to new fathers. But we still lag behind countries like Sweden, where nearly 90 per cent of new dads take paternity leave, and they take an average of seven weeks.

Currently, less than 10 per cent of Canadian dads take leave. From where I sit, even a few weeks at home can help families: It normalizes the idea that dads are active parents, even to infants, and helps equalize household roles. Making Quebec's amount of leave time available to fathers nationwide would be a great first step.

When I asked Mike what he would say to a father considering taking time off, he didn't hesitate: "Definitely do it. Anyone will tell you that this time goes by a mile a minute. As much we change in a year, babies change every week. They'll never be as little and as curious about the world as they are right now, so it's worth taking."



Michael Cinovskis holds his three-month-old son Noah. Cinovskis, who works in development at CNIB, has taken 17 weeks off to be with his baby. LIZ BEDDALL/METRO

### + AT A GLANCE

#### Some details about parental leave:

- While new moms are guaranteed 15 weeks of maternity leave, either parent can take the 35 weeks allotted for parental leave combined.
- Families where the mother is recovering from C-section, where other children are home, or there is minimal community or family support, may want to consider paternity leave.
- Anyone on parental leave can expect to receive 55 per cent of their gross salary from EI, but some employers will top up the payments.



YOGA

# A pose that promises to 'heel' your hip and low back pain

**YuMee Chung**  
Torstar News Service

Our twist on Cobbler's Pose will traction out your hips and release the deep muscles of your lower back.

## Cobbler's Pose

1. Sit upright with knees hugged in close and inner big toes smooching one another.
2. Open the knees out to the sides like a pair of wings and gather the soles of the feet together into prayer position.
3. Place the left palm down high on the upper left thigh with all five fingers facing away from your centreline, while you prop the right hand on the ground, about 30 centimetres to your right and ever so slightly behind you. Lean into the right arm, using it like a kickstand; twist the shoulders a little to the right, turning your gaze over the right shoulder, and press the left hand strongly down and away as if you are trying to make your upper leg flatter and longer.
4. Stay for five slow breaths, act-



**YuMee Chung demonstrates Cobbler's Pose.**  
TORSTAR NEWS SERVICE

ively relaxing the left hip and low back to reap the full benefit of this subtle yet profound stretch.

## The Ill-Fitting Shoe Blues

According to the Canadian Federation of Podiatric Medicine, 75 per cent of Canadians will experience foot health problems at one time or another. Women report foot problems four times more often than men. Most foot issues are not congenital but rather stem from wearing ill-fitting shoes. A whopping nine

out of 10 women wear shoes that are too small for their feet in the name of fashion. How can you tell if your shoes fit you properly? If you cannot spread your toes out a little in your shoes, they are simply too small.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.



**JOHANNA SCHNELLER** WHAT I'M WATCHING

# The dangers of food tourism

**THE SHOW:** *Carnival Eats, "We Deep-Fried That"* (FOOD)

**THE MOMENT:** The deep-fried gummy bear



**According to Carnival Eats host Noah Cappe, this deep-fried gummy bear tastes like cherry pie.** CONTRIBUTED

Host Noah Cappe talks to a woman food vendor at the Ohio State Fair. "How did you ever think of deep-frying gummy bears?" he asks.

"Honestly, I was just trying to think of something that hadn't been done yet," she says.

He expresses fascination with her method, even though every item he tastes in this episode is made the same way: Stick a skewer into something weird. Shove it in the freezer. When it's cold, dredge it in something (for the bears, that's flour, cinnamon and cardamom). Plop it into the deep fryer until the batter bubbles.

Cappe bites into a hot bear. It dissolves into goo. "Mmm, tastes like cherry pie," he says. It looks absolutely revolting.

One slow Friday afternoon, you turn on the TV.

"What harm can it do?" you ask yourself. The station happens to be the Food Network. A vanilla-faced host is wandering State Fairs.

Next thing you know, you're watching someone dredge a slice of watermelon in tempura and tapioca, fry it, and then drizzle strawberry sauce over it.

Food-tourism shows baffle you, because unlike cooking shows, which teach you how to make something, food tourism is about watching someone eat stuff you're never go-

ing to eat. And unfortunately, no matter how many yummy or yucky faces a host makes, you can't tell what fried butter tastes like.

Yet you watch on, powerless to change the channel.

You didn't eat the fried butter, but somehow it's invaded your arteries anyway. When the commercials come on, you wander off in search of ... potato chips.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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# Are you ready to train like a viking?

## NEW WORKOUT

### Trainer wants you to scrap the selfies and start sweating

Svava Sigbertsdottir doesn't want to give you a "bikini body."

She wants you to do burpees until you can't anymore.

Then do 10 more.

The Icelandic-raised Sigbertsdottir is the founder of The Viking Method, an intense full-body workout she created after trying everything from Crossfit to yoga to football in search of a workout that would give her the elusive tight, toned body.

Now based in London, she counts singer Nicole Scherzinger and model Suki Waterhouse among her biggest fans.

The single mom to an 18-year-old daughter has developed a brand that revolves around her gruelling weeks-long training videos, priced at \$73 for a six-week program and \$130 for 12 weeks, her nutritional program focusing on healthy fats, fruits and vegetables, and her tough, motivating persona.

We caught up with Sigbertsdottir, 35, at Hard Candy Fitness in Toronto.

#### What is the Viking Method?

Basically, it is a functional training method, so you use



Trainer Svava Sigbertsdottir puts a priority on being powerful strong. TORSTAR NEWS SERVICE

your own body a lot and you use free weights. I have specific exercises, I pair them in a certain way. I do very specific work for the core. No core crunches, no weird machines. I work the body the way it should work. No, like, on all fours doing donkey kicks and ruining your hip. There are certain rules: 90 minutes before you exercise and 90 minutes be-

fore you go to bed, you can't have any carbs because they activate certain hormones that you don't want to have activated when you train and when you fall asleep. My most important thing about the method is that we train for our performance, not for our looks. Our worth is not determined by the size of our ass. It's all about internal satisfaction.

#### Why don't you like before and after body photos?

You can cheat so much on them. You do different lighting, you go in the sun bed, you have different underwear, you have makeup. What I find problematic

with that is if you focus so much on looks, you're open to external opinions. Other people can get under your skin. Other people can make you feel awful about this picture that you felt really happy about. Instead, it's very empowering to put up goals and be able to smash them.

#### Why call it "Viking"?

I'm from Iceland, so it's logical to call it the Viking Method. It's everything that the word represents. A Viking is not going to stop doing an exercise because someone is watching and it might look silly. I'm resilient and I will set goals and I will

not stop until I reach them. Be confident in yourself. Be powerful and strong — make that the thing that matters to you. Anybody can be a Viking, it's not like you have to be from Scandinavia.

#### What do say to someone who doesn't feel like working out that day?

I've been into the gym and I've stepped on the treadmill and I've stepped off it and I've walked back home. If that happens — and if it doesn't happen often — then don't sweat it. But if you feel this happening three or four times a week, then you just have to force yourself. You have to be a bit cruel to be

kind with yourself in the beginning. If you just have an off day, just have the off day. Go home and order a pizza and watch Netflix.

#### What is your approach to nutrition?

We eat a lot of protein and fat, loads of vegetables, nuts and seeds.

Have your carbs after you train. Have your cheat meal once a week. Fridays I have pizza with stuffed cheese crust and garlic bread and a beer. If you know you're going to be bad that night, try to go to the gym. Because then you know you kind of earned it.

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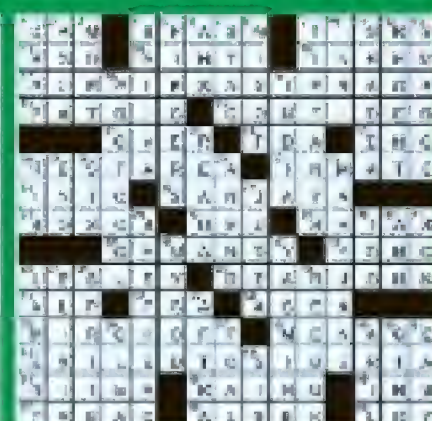


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9	3	4	1	7	8	6	5	2
1	2	5	6	9	4	8	7	3
6	8	7	5	2	3	4	9	1
5	9	8	7	6	1	3	2	4
2	7	6	4	3	9	5	1	8
3	4	1	8	5	2	9	6	7
7	5	3	2	4	6	1	8	9
8	6	9	3	1	7	2	4	5
4	1	2	9	8	5	7	3	6



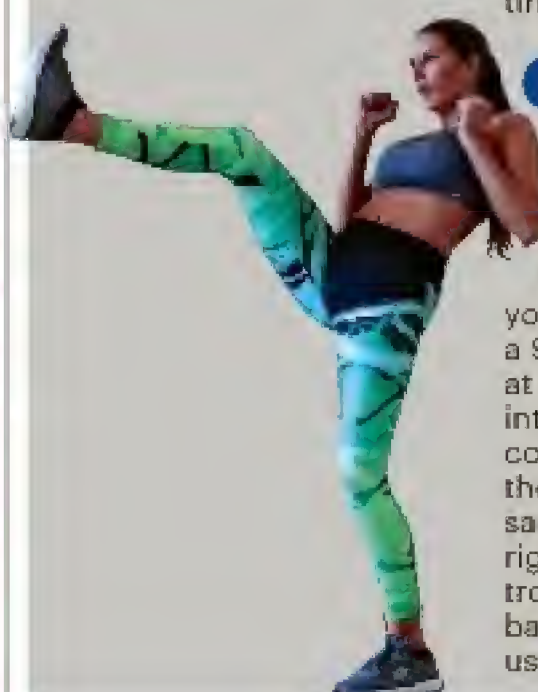
for more fun and games go to  
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## + AT HOME ROUTINE

### Test your viking strength

Sigbertsdottir demonstrates a three-move circuit

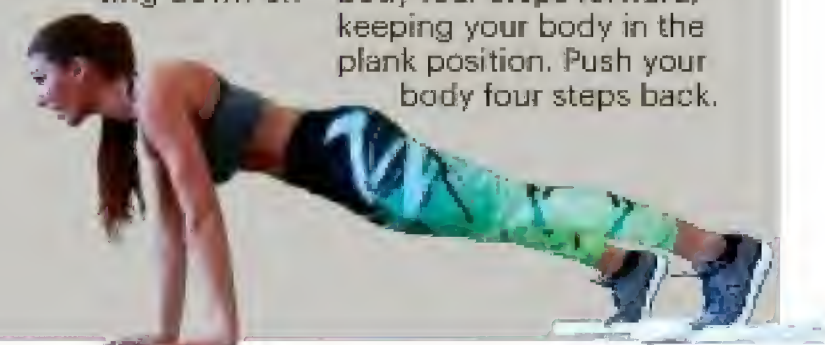
with no breaks between moves. After completing the circuit, rest for up to a minute. Repeat five times.



**1 Kneeling High Kick (repeat 8 to 12 times):** Start kneeling and bring your left leg forward with your foot down and a 90-degree bend at the knee. Press into the left heel and come up, lengthening the left leg and at the same time kicking the right leg high up. Control it as you come back down. Do not use the right leg at



**2 Narrow Beats (repeat 8 to 12 times):** Come down into a low squat. As you squat watch that knees are in line with your toes and your weight is on your heels. Imagine you're sitting down on



a low chair that is far behind you. Squat deeply. As you jump up, lengthen the legs fully and beat them together (like closing a pair of scissors). Land in that deep squat again.

### 3 Tea Towel Crawl (repeat 2 to 4 times):

Hold your body in a plank position, placing two tea towels under your feet. Using your arms, drag your body four steps forward, keeping your body in the plank position. Push your body four steps back.



# Preds set up Game 7 date

NHL PLAYOFFS

## Nashville staves off elimination for return trip to Anaheim

James Neal scored the winning goal late in the second period, and the Nashville Predators held on to beat the Anaheim Ducks 3-1 on Monday night and force the first Game 7 in franchise history.

The Predators had lost the previous five Game 6s when needing a win to stay alive in the playoffs, and they snapped a three-game skid to the Ducks to force this series back to Anaheim for the deciding game Wednesday night.

Shea Weber had an empty-net goal with 10 seconds left off an assist by Neal. Mattias Ekholm also scored a goal, and Pekka Rinne made 26 saves for the win.

Ryan Kesler scored a power-play goal for the Ducks, who now are 3-6 in Game 6s. They return to Anaheim where they lost their last Game 7 last spring in the Western Conference finals to eventual Stanley Cup champ Chicago.

Rinne, who had been struggling in this series, came up big late. He stopped Corey Perry on a point-blank shot from in front with 6:40 left and turned away David Perron's wrist shot with less than three minutes to go.

Go to [metronews.ca](http://metronews.ca) for coverage of Game 7 between the Blackhawks and Blues.



Predators centre Ryan Johansen celebrates a goal by teammate James Neal, not shown, on Monday night in Nashville.

MARK HUMPHREY/THE ASSOCIATED PRESS

Nashville brought out Tennessee Titans tight end Delanie Walker to wave a towel and charge up the sellout crowd. Fans just needed something to cheer after watching the Predators get outscored 12-3 in losing the last three

games. They also got right-winger Craig Smith back on the ice after he missed most of the last three games with a lower-body injury.

Ekholm put the Predators up 1-0 at 8:10 of the second period, beating Andersen with a wrist

shot from the top of the right circle off a pass from Calle Jarnkrok. That made the defenceman Nashville's top goal scorer with his second in this series. Fans rewarded the Predators with not one, but two standing ovations in the period.

The Predators took a 2-0 lead when Ryan Johansen brought the puck up the right side and passed to Neal at the left post who tapped the puck into the net behind Andersen at 17:45.

The Ducks got a power play

with 42.8 seconds left in the period when officials penalized Ekholm for holding Hampus Lindholm after the Anaheim defenceman jumped onto Ekholm's back at the end boards. Kesler tapped the puck into the net behind Rinne who had just stopped a tip-in attempt by Perry.

Fans still furious at the penalty tossed a handful of the towels given away by the Predators onto the ice and booed as the period ended. THE ASSOCIATED PRESS

NBA PLAYOFFS

## Curry out at least two weeks

Stephen Curry will miss at least two weeks for Golden State with a sprained ligament in his right knee, dealing a blow to the Warriors' hopes of following a record-breaking season with a second straight championship.

The Warriors said an MRI on Curry's knee Monday determined he had a Grade 1 sprain of the MCL and will be re-evaluated in two weeks.

That timetable would lead to Curry missing the rest of the first round of the playoffs and likely at least the first four games in the next round if the Warriors are able to advance.

30.1

Curry's points-per-game average this past regular season, a league best.

Golden State leads Houston 3-1 in its first-round series. Game 5 is Wednesday night in Oakland.

Curry was injured on the final play of the first half of Sunday's 121-94 win in Houston when he slid awkwardly on a wet spot on the court and fell. He immediately grabbed his knee and jogged with a limp to the locker-room.

He came out with the team after halftime, but sat on the bench for most of the warmup time. After talking with coaches, he returned to the locker-room with his second injury of the series. Curry had missed the previous two games with a sprained right ankle.

The Warriors thrived without Curry on Sunday, hitting eight three-pointers in the third quarter alone to turn a tie game into a 21-point lead on the way to the easy win. THE ASSOCIATED PRESS

## TIE SERIES

### Walker, Hornets edge Heat

Kemba Walker scored a playoff career-high 34 points, Jeremy Lin added 21 and the Charlotte Hornets beat the Miami Heat 89-85 on Monday night to even their first-round series at 2-2.

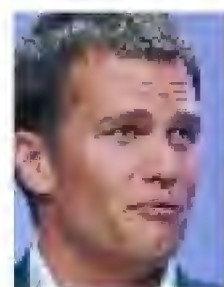
Game 5 is Wednesday night in Miami.

DEFLATEGATE

## Brady to serve ban, appeals court rules

New England Patriots quarterback Tom Brady must serve a four-game "Deflategate" suspension imposed by the NFL, a federal appeals court ruled Monday, overturning a lower judge and siding with the league in a battle with the players union.

A three-judge panel of the 2nd U.S. Circuit Court of Appeals in Manhattan ruled 2-to-1 that commissioner Roger Goodell did not deprive Brady of "fundamental fairness" with



Tom Brady  
THE ASSOCIATED PRESS FILE

and the reputation of one of the league's top teams.

THE ASSOCIATED PRESS

his procedural rulings.

The split decision may end the legal debate over the scandal that led to months of football fans arguing over air pressure

## IN BRIEF

### Rays' Archer snaps his lengthy winless streak

Chris Archer struck out 10 over 6-2/3 innings to end a 10-start winless streak, and the Tampa Bay Rays beat the Baltimore Orioles 2-0 on Monday night.

Archer (1-4) allowed five hits to get his first win since beating the Orioles on Aug. 31. The Rays opening-day starter was 0-7 during the winless stretch.

Curt Casali drove in both runs for the Rays.

THE ASSOCIATED PRESS



MLB WHITE SOX UPEND BLUE JAYS White Sox third baseman Todd Frazier tags out the Blue Jays' Edwin Encarnacion on Monday night at Rogers Centre. On offense, Frazier drove in three runs and Chicago rallied from a four-run deficit to win 7-5. FRANK GUNN/THE CANADIAN PRESS



# Drumming up business?

UFC 200

## Retirement ruse ups the ante for showcase event

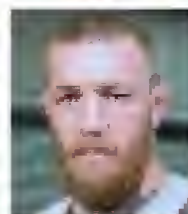
Five days have passed since Conor McGregor ended his 24-hour retirement, and we're still not sure if the Ultimate Fighting Championship's most bankable fighter will participate in UFC 200.

UFC president Dana White dropped McGregor from the card last week over the featherweight champion's refusal to participate in a promotional event. McGregor says he has reached an

agreement with the promoter, but White maintains he hasn't even spoken with McGregor's camp about reinstatement.

The continued buzz surrounding McGregor's status raises the question of whether the fighter and the UFC are benefitting from the dispute. By defying the UFC's order to help promote the July 9 event, McGregor has provided more publicity than any news conference could.

In 2009 a showdown between Brock Lesnar and Frank Mir drew a UFC record 1.6 million pay-per-view buys. The attention Mc-



Conor McGregor and Dana White GETTY IMAGES

Gregor's contract holdout is generating now could propel the UFC to an all-time sales high in July.

"This is going to be a non-title fight that people are now talking about three-plus months in advance," says Steven Salaga, a sports economics professor at Texas A&M University. "This does nothing but keep the fight on consumers' minds."

Overnight Sunday, McGregor professed to have ended the drama when he tweeted that he had settled his disagreement with the UFC.

"Happy to announce that I'm back on UFC 200," he tweeted.

"Shout out to Dana White and (UFC co-owner) Lorenzo Fertitta on getting this one done for the fans."

Problem: White refutes McGregor's claim.

"It's not true," White told TMZ.com Monday morning. "We haven't talked to Conor or his manager since the press conference. I don't know why he would tweet that."

When White announced that McGregor couldn't fight on a card he wasn't willing to promote, McGregor responded with a long Facebook post explaining that a hectic promotional schedule contributed to his lacklustre performance in his previous fight.

TORSTAR NEWS SERVICE

## IN BRIEF

### It's Leicester's title to lose

Leicester is one victory from becoming one of the unlikely champions in English football history — a year after nearly being relegated from the Premier League.

The path to the trophy became clearer Monday after closest challenger Tottenham was held to a 1-1 draw by West Bromwich Albion, giving Leicester a seven-point lead with three games remaining.

Leicester's first chance to seal the first top flight title in its 132-year history comes on Sunday at the home of record 20-time champion Manchester United. THE ASSOCIATED PRESS

### Real Madrid boss Zidane expects to have striking pair

Real Madrid coach Zinedine Zidane expects Cristiano Ronaldo and Karim Benzema to start against Manchester City in the semifinals of the Champions League on Tuesday.

Zidane says the strikers appear to have recovered from their injuries and likely will "be fine to play" in the first leg in Manchester.

He said a final assessment would be made after the team's practice session later Monday.

Ronaldo was nursing a right leg thigh injury, while Benzema had a knee ailment. THE ASSOCIATED PRESS

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## RECIPE Grilled Salmon and Zucchini Skewers



PHOTO: MAYA VISNIEV

**Ceri Marsh & Laura Keogh**  
For Metro Canada

We like leaning on quick cook items as a weeknight dinner strategy and these salmon skewers fit the bill and then some thanks to a flavorful marinade featuring ginger, soy and sesame.

### Ready in

Prep time: 25 minutes  
Cook time: 10 minutes

### Ingredients

- 1 tsp grated ginger
- ¼ cup soy sauce
- 2 Tbsp rice wine vinegar
- 1 Tbsp sesame oil
- 3 filets of salmon
- 2 or 3 small zucchinis

### Directions

1. Soak wooden skewers in water

for at least 20 minutes.

2. Whisk together the ginger, soy, vinegar and sesame oil. Place salmon filets in the marinade for 20 minutes

3. Remove the salmon from the marinade and cut the filets into chunks — maybe 1 x 2 inches — and set aside. Slice the zucchini into rings and toss in the marinade quickly. Thread the fish and veggies onto the wooden skewers.

4. Preheat your grill or grill pan to medium high and wipe the grill with oil. Place the skewers over the heat and give each side about three minutes before turning. Serve these skewers over steamed rice or a bed of greens.

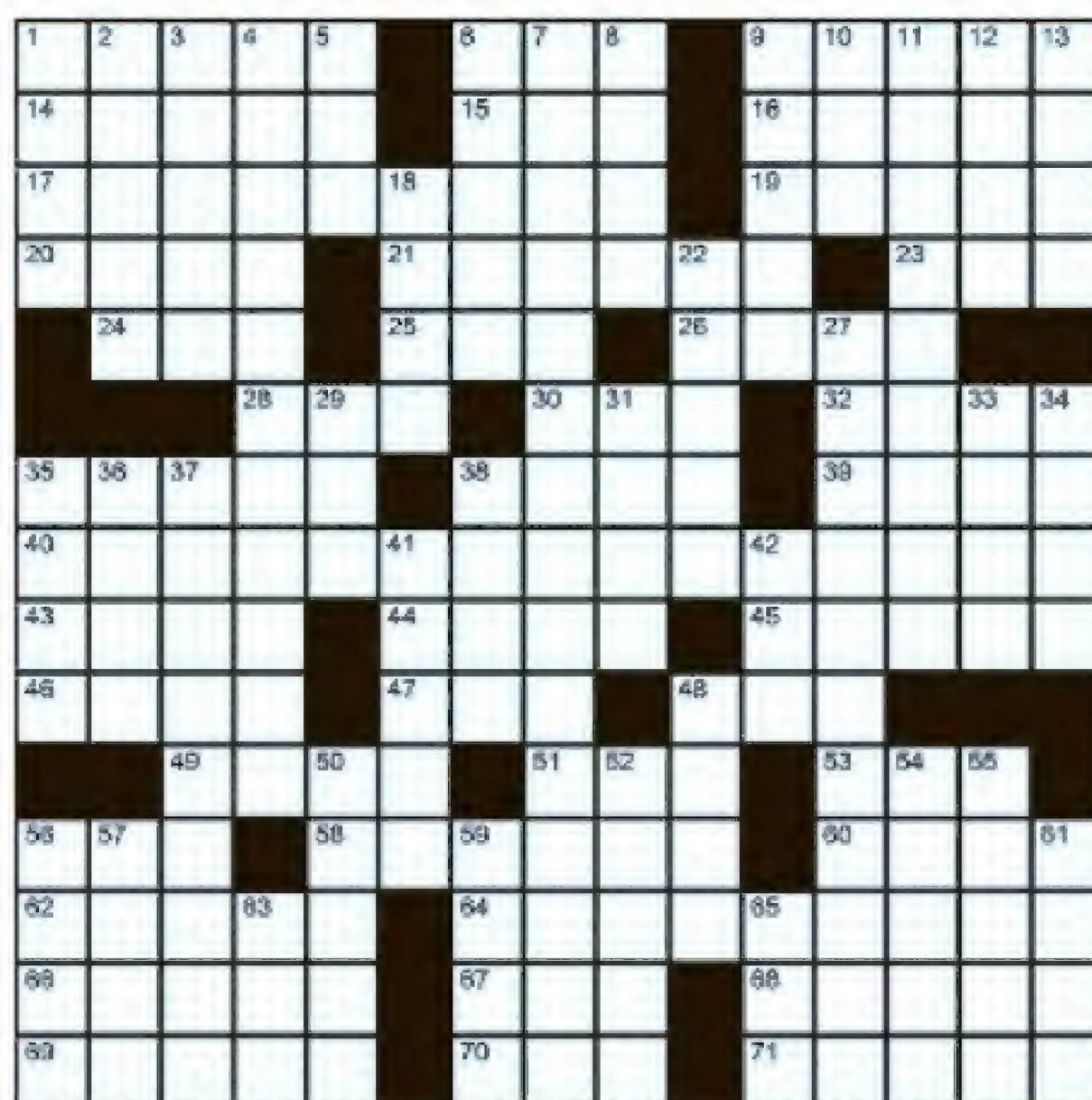
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Toronto Raptors guard Mr. DeRozan
6. Scene of Toronto Raptors home game action, for short
9. Toronto Raptors point guard, Kyle \_
14. Belonging to Stratford, Ontario's river
15. A.A. Milne character
16. Nose-\_\_ (Snob-bish stance)
17. Guru/guide's gig
19. \_\_ bore
20. "You \_\_," by Lady Gaga
21. Fancily-uniformed cavalrman of 15th-century Hungary
23. Scheming
24. "The Hangover Part II" (2011), e.g.
25. Scott's uncle
26. Michelle Pfeiffer's soundbite in the "Batman Returns" (1992) trailer
28. Tail'-mean-ing prefix
30. P. to Socrates
32. Hazes
35. Velocity
38. Russian physiologist Mr. Pavlov
39. Liberate
40. Instrument for Canadian musician Liona Boyd: 2 wds.
43. Miley Cyrus' mother
44. Apportion
45. Professors [abbr.]
46. Prohibit
47. William Tell's canton
48. Scott's 'no'



49. Mil. two-striper
51. Sight: French
53. Shih \_\_ (Toy dog)
56. Commotion
58. Guardian of Greece's capital, in mythology
60. Feeds on food
62. Daytime shows, e.g.

64. Off-the-cuff
66. Lotto winner's shout, "\_\_\_ for life now!"
67. Prefix to 'centre'
68. Increased
69. Some cheeses
70. SIN's equivalent in the USA
71. Crowned heads, once

### DOWN

1. Lady: Spanish
2. Makes flush
3. World: French
4. Place to browse for collectibles and other treasures: 2 wds.
5. '70s record label
6. 'Planet' suffix
7. Politicians on

- Parliament Hill, e.g.: 2 wds.
8. Sprockets
9. Soya milk carton quantity
10. 'Pepper' suffix (Pizza topping)
11. Evangeline: A Tale of Acadie poet, Henry \_ Longfellow

- (b.1807 - d. 1882)
12. Currency in Oman
13. Annual [abbr.]
18. Prefix with 'stat'
22. Melanie Griffith movie, "A Stranger \_ Us" (1992)
27. Some workers, e.g.: 2 wds.
29. "Mr. Holland's Opus" (1995) star...his initials-sharers
31. Fit
33. Equipment
34. Religious addresses, briefly
35. Station for Edith Prickley
36. Ballet movement
37. The Maritimes: 2 wds.
38. Freezer
41. "\_\_\_ be imagining things!" (This can't be real!)
42. Theatre's Ms. Hagen
48. Close
50. Endures
52. Remove the brooch
54. Rock star kid Dweezil
55. Complete
56. "Dream on!": 2 wds.
57. Stadium roof
59. Rushes the horse
61. Kitchen sink froths
63. Little legume
65. Asleep

## \*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Do whatever you can to break up your daily routine, because you have a strong desire for adventure and freedom today. However, postpone major purchases until tomorrow.

**Taurus** April 21 - May 21  
This is a strong time for you with the Sun and Mercury in your sign; however, today is a looney-gooney day. Avoid decisions about inheritances and shared property.

**Gemini** May 22 - June 21  
Go with the flow, because the Moon is opposite your sign and it's in a fuzzy position. Avoid purchases other than food and gas. Make no promises.

**Cancer** June 22 - July 23  
Your efficiency at work might suffer today. Expect shortages and delays. Just carry on as usual with routine work, and don't begin anything new.

**Leo** July 24 - Aug. 23  
This is a creative day for you! If you work in the arts, the entertainment world or the hospitality industry, you're in the zone! Enjoy goofing off.

**Virgo** Aug. 24 - Sept. 23  
Although you have a desire to travel now, today in particular, you might want to hunker down at home. It will feel good to be among familiar surroundings.

**Libra** Sept. 24 - Oct. 23  
This is a poor day to make important decisions or to sign documents. It's also a poor day to make promises or commit to anything. Wait until tomorrow.

**Scorpio** Oct. 24 - Nov. 22  
Remember to get more sleep in the next few weeks, because you need this. Be careful with your money today! Don't shop for anything other than food or gas.

**Sagittarius** Nov. 23 - Dec. 21  
It's all about you, because three planets are in your sign. This is why you're pumped with energy. Today, however, you feel indecisive and wishy-washy; therefore, do as little as possible.

**Capricorn** Dec. 22 - Jan. 20  
Tap into your artistic talents today so that you can express your creativity. Enjoy social events, playful times of children and sports. Fun city!

**Aquarius** Jan. 21 - Feb. 19  
This is a great day to schmooze with others, because people are friendly. Spend money on food, gas and social situations, but that's all. Postpone shopping until tomorrow.

**Pisces** Feb. 20 - March 20  
Personal details about your private life might be made public for some reason. If so, this will be out of your control today. Just be aware of this.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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